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FOR IMMEDIATE RELEASE

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San Bernardino County Health Officer Issues Extreme Heat Advisory to Residents

Extreme Temperature Forecasts for Inland and Desert Regions Prompts Heat Related Illness Prevention Education

SAN BERNARDINO – San Bernardino County Public Health Officer Dr. Maxwell Ohikhuare has issued an extreme heat advisory for San Bernardino County. He urges the public to act now to prevent heat-related illness. The heat advisory outlines several steps people can take to protect themselves in extreme hot weather.

Some health conditions such as obesity, fever, dehydration, heart disease, poor circulation, sunburn, and drug and alcohol use can make it harder for the body to stay cool in hot weather. While the heat advisory is in effect, be sure to:

- Get plenty to drink
 - Drink more water, juice and sports drinks
 - Avoid drinks with caffeine (tea, coffee and cola) and alcohol
- Stay cool indoors
 - Stay in an air conditioned area, if possible
 - If you don't have air conditioning, go to a public building or shopping mall for a few hours
 - A cool shower or bath is also a good way to cool off
- Wear light clothing and sunscreen
 - Choose lightweight, light-colored and loose-fitting clothing

- A wide-brimmed hat will keep your head cool
- Use sunscreen with a sun protection factor (SPF) of 15 or higher and reapply every two hours while in the sun (all skin types)
- Schedule outdoor activities carefully
 - Try to be less active during late afternoon, the hottest part of the day
 - Rest often in a shady area
 - Never leave kids or pets in a parked car
- Pace yourself
 - Take frequent, regularly scheduled breaks
 - If your heart pounds, you become out of breath, lightheaded, weak, or feel faint, stop your activity and rest in a cool or shady area
- Use a buddy system
 - Check on your friends and family and have someone do the same for you
 - Check on the elderly and people with health conditions twice a day during a heat wave

Heat-related illness can be prevented by taking precautions while the heat advisory is in effect. Ohikhuare urges people who work in a hot environment to pace themselves. “If exertion in the heat makes your heart pound and leaves you gasping for breath, STOP all activity. Get into a cool area or at least in the shade, and rest.”

Warning signs of heat illness include heavy sweating, cramps, headache, nausea or vomiting, tiredness, weakness, dizziness and fainting. Take steps to cool the body. Drink cool, nonalcoholic beverages, take a cool shower, bath, or sponge bath. Seek an air-conditioned place. Wear lightweight clothing.

For a list of cooling centers in San Bernardino County, call **2-1-1**, or go to the website link at www.coolingsb.org. For more information about extreme heat, visit www.bepreparedcalifornia.ca.gov.

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